


# MENU PLANNER

**November 2009**

Menu - Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/2	11/3	11/4	11/5	11/6
* Salad Dressing	Swedish Meatball Herb Flavored Noodle ½ c Steamed Broccoli ½ c 1 Wheat Roll 1 Orange	Chicken Salad 3 Bean Salad Beets ½ c 2 pkg Crackers (4) Jell-O Cup	Manicotti * Tossed Green Salad ½ c Green Beans w Almonds ½ 1 Wheat Slice Bread Cooked Apples w Raisins	Salisbury Steak w Gravy Mixed Greens ½ c Mac & Cheese ½ c 1 Corn Muffin Fruit Cocktail ½ c	Chicken Chop Mein Steamed Cabbage ½ c Fried Rice ½ c Dinner Roll 1 Orange
	11/9	11/10	Frozen Holiday 11/11	11/12	11/13
Menu - Week 2	MONDAY	TUESDAY	Wed	THURSDAY	FRIDAY
* PKG Ketchup ** Tartar Sauce	Beef Enchilada Casserole 5 Oz Pinto Beans ½ c Okra & Tomatoes ½ Pineapple Tidbits ½ c	Sausage Link Confetti Coleslaw ½ c * Oven Baked Fries ½ c Tortilla Apple sauce w Cinnamon Bits	Sliced Ham Baked Sweet Potatoes ½ c Green Bean Casserole ½ c 1 Roll 1 Apple	Chili Mac Casserole 5 oz Chopped Broccoli ½ c Peas & Carrots ½ c 1 Dinner Roll 1 Banana	** Fish Sandwich Mashed Potatoes ½ c Waxed Beans ½ c 1 HB Bun Diced Pears ½ c
	11/16	11/17	11/18	11/19	11/20
Menu - Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Ketchup, relish ** Ketchup *** Mustard	Grilled Hamburgers * Western Hash Browns ½ c Spinach w Onions ½ c 1 HB Bun Diced Peaches ½ c	Beef Fajita Mixed Vegetables ½ c Spanish Rice ½ c ½ c 1 Tortilla 1 Cinnamon Pears ½ c	Country Style Chicken W Mushrooms and Gravy Steamed Noodles Steamed Green Beans w Pimento Wheat Roll Fresh Fruit	Thin Sliced Roast Beef w Gravy Chopped Broccoli ½ c Parsley Potatoes ½ c 1 Wheat Roll 1 Orange	**Corn Dog English Peas w Onion Bits ½ c Hot German Potato Salad ½ c 1 Fresh Fruit

* Salad Dressing ** Tartar Sauce   Funded through the Texas Department on Aging Alamo Area Council of Governments	11/23	<b>Holiday Meal Celebration 11/24</b>	11/ 25	<b>Frozen</b> 11/26 Thanksgiving	<b>Frozen</b> 11/27 Holiday
	Oven Fried Chicken Pattie ½ c Sweet Potatoes w Raisins Kale ½ c 1 Corn Muffin  Fresh Fruit	Baked Turkey w Gravy 3 oz Mashed Potatoes ½ c Sliced Carrots ½ c Cornbread Stuffing ½ c Cranberry Sauce 1 Slice Pumpkin Pie 1 Roll	Beef Tips w Peppers Herb Flavored Noodles ½ c *Tossed Salad ½ c 1 wheat Bread Fruit Cocktail Cup ½ c	Cranberry Lemon Herb Chicken String Beans ½ c New Potatoes ½ c 1 Wheat Roll Roll Apple ½ c	Fish Nuggets Fried Rice ½ c Buttered Carrots ½ c Wheat Roll 1 Fresh Fruit 1


**Approved By Selrico Services, Inc.**

\*All meals will include 8oz Milk @ 1% or Calcium Fortified Orange Juice.

Texas Diabetes Institute/ City of San Antonio  
  
*Elda Balle, RD, CDE*  
 \_\_\_\_\_  
 Signature

All meals served meet 1/3 RDA for and range between 550 – 650 Calories

### MENU PLANNER

** Mustard ** Salad Dressing   Funded through the Texas Department on Aging Alamo Area Council of Governments	11/30				
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Sausage Gumbo Turkey (Okra, Squash ,peppers, Corn) Dirty Rice ½ c Mixed Greens ½ c 1 Biscuit  Apple 1				
	Approved By Selrico Services, Inc.			Texas Diabetes Institute	

:

Approved By: *Elda*

S.